

MATS (Musculo-skeletal Advice and Triage Service)

- √ Adults
- ✓ Musculoskeletal – muscle and joint, back, neck, knee, shoulder etc.
- ✓ Early advice and self-management
- ✓ Trustworthy advice and triage

Not every caller needs an appointment. While the advice line cannot book patients appointments, they can assess whether physiotherapy is required and can refer directly to out patient musculo-skeletal physiotherapy services in Tayside.

Phone this number 0800 917 9390 Mon-Fri 9AM-6PM
They'll give you advice on how you can manage this yourself.

They'll also assess you to see if physiotherapy is an option for you

WEBSITE: www.nhsinform.co.uk/msk